

Milpitas Sports Center Fitness Schedule

Effective April 17, 2006

1325 E. Calaveras Blvd, Milpitas, CA 95035

(408) 586-3225 TDD (408) 942-3286 www.ci.milpitas.ca.gov

Dance Studios I & II Workout Schedule						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM						Sculpt Interval 8:30-9:45AM DS1 Aira
9:00AM	Fit Over 50 9:00-10:00AM DS1 Mary	Total Body Sculpting 9:30-10:30AM DS1 Theresa	Fit Over 50 9:00-10:00AM DS1 Mary	Feldenkrais 9:00-10:00AM DS2 Richard	Fit Over 50 9:00-10:00AM DS1 Motoko	Power Sculpt 9:15-10:15AM DS2 Theresa
10:00AM	Fit Over 50 10:00-11:00AM DS1 Mary	Gentle Yoga 10:00AM-11:00AM DS2 Reena	Fit Over 50 10:00-11:00AM DS1 Mary	Total Body Sculpting 9:30-10:30AM DS1 Theresa	Fit Over 50 10:00-11:00AM DS1 Motoko	Hatha Dynamic Yoga 10:00AM-11:15PM DS2 Asha
11:00AM						
12:00PM	Toning Circuit 12:00-1:00PM DS1 Theresa	Cardio Kickboxing 12:00-1:00PM DS1 Theresa	Butts & Guts 12:00-1:00PM DS1 Theresa	Total Body Sculpting 12:00-1:00PM DS1 Theresa	Pilates 12:00-1:00PM DS1 Mary	
5:00PM						
6:00PM	Cardio Kickboxing 5:45-7:00PM DS2 Mary	Pilates/Ball 5:45-7:00PM DS2 Mary	Total Body Sculpting 5:45-7:00PM DS1 Mary	Step and Tone 5:45-7:00PM DS1 Cons		
7:00PM	Sculpt Interval 6:30-7:45PM DS1 Aira	Cardio Dance 6:00-7:00PM DS1 Theresa		Butts & Guts 6:00-7:00PM DS2 Theresa		
8:00PM	Beginning Yoga 7:15-8:30 PM DS2 Reena	Interval/Ball 7:00-8:00PM DS1 Julie	Hatha Yoga 7:15-8:15PM DS2 Jacqueline	F.I.T. Yoga 7:15-8:30PM DS2 Ritu		
		Blissful Yoga 7:15-8:30 PM DS2 Mahendra				
Aquatics Schedule						
6:00AM	Lap Swimming 6:00-8:00AM Meter, Yard Pool Water Exercise		Lap Swimming 6:00-8:00AM Meter, Yard Pool Water Exercise		Lap Swimming 6:00-8:00AM Meter, Yard Pool Water Exercise	Water Exercise 9:15-10:15AM Yard Pool Julie
7:00AM	6:45-7:45AM Yard Pool Kellie		6:45-7:45AM Yard Pool Kellie		6:45-7:45AM Yard Pool Kellie	Lap Swimming 10:00AM-12:00PM Meter, Yard Pool
11:00AM	Lap Swimming 11:30AM-1:30PM Meter Pool		Lap Swimming 11:30AM-1:30PM Meter Pool		Lap Swimming 11:30AM-1:30PM Meter Pool	
12:00PM	11:30AM-12:30PM Yard Pool		11:30AM-12:30PM Yard Pool		11:30AM-1:30PM Yard Pool	
1:00PM						
4:00PM	Arthritis Aquatics 4:30-5:30PM Yard Pool Janet		Arthritis Aquatics 4:30-5:30PM Yard Pool Mary			
5:00PM						
6:00PM	Lap Swimming 6:00-8:00PM Meter, Yard Pool Water Exercise	Lap Swimming 6:00-8:00PM Meter, Yard Pool Water Exercise	Lap Swimming 6:00-8:00PM Meter, Yard Pool Water Exercise	Lap Swimming 6:00-8:00PM Meter, Yard Pool Water Exercise		
7:00PM	6:00-7:00PM Yard Pool Janet	6:00-7:00PM Yard Pool Janet	6:00-7:00PM Yard Pool Janet	6:00-7:00PM Yard Pool Janet		
8:00PM						
Drop-In Sports Schedule						
6:00PM	Volleyball 6:00-10:00PM Large Gym	Table Tennis 6:00-10:00PM Large Gym	Volleyball 6:00-10:00PM Large Gym		Basketball 6:00-10:00PM Large Gym	Table Tennis 2:30-6:00PM Large Gym

Classes and instructors subject to change without notice. Please see reverse for class descriptions.